

EXECUTIVE SUMMARY**THE EFFECT OF COMMUNITY BASED HEALTH EDUCATION ON
KNOWLEDGE, ATTITUDE AND PRACTICE OF BREAST SELF
EXAMINATION ON WOMEN IN PUSKESMAS MARTAPURA 1 AREA**

By: Diana Hardiyanti

Breast cancer is the leading cause of death in Indonesia. Cancer is one of the world's health problems, the number of breast cancer deaths one of them because released at an advanced stage. One factor behind the diagnosis of breast cancer is the reluctance to perform early detection of breast cancer. Diagnosis of breast cancer early in the stadium provides a good opportunity for long-term survival. Efforts to reduce mortality from breast cancer are needed effective screening programs. BSE is one of the methods used to detect early cancer by looking and feeling to find abnormalities, lumps, and swelling of the breast. The purpose of this study was to analyze community-based education on knowledge, behavior and practice of breast self-examination (BSE).

This research is based on knowledge and behavior on BSE, PRECEDE PROCEED approach from Lawrence Green. This study used pre-test and post-test with control group design. This research used quasy-experiment with pre test post test group design with control group. interventiont groups are given health education by cadres, about breast cancer, and breast self-examination (BSE). The control group received health education by lecture method. In the same group with pre-test and post-intervention post test for treatment group and control group. The independent variables are community based health education and the dependent

variable is knowledge, behavior and practice self-examination practice (SADARI). The sample in this research is the woman in the work area of Puskesmas Martapura 1, each group of 84 respondents using cluster sampling. The statistical tests used to determine the unity of the patient for knowledge, attitudes and practice of breast self-examination (BSE) are Paired T Test, and Multivariat analysis of Variat.

The result of statistical test obtained the value of education ($p = 0,004$), Paired T Test for knowledge variable was obtained $p = 0,007 (<0,05)$, meaning that there was a significant difference between knowledge before intervention and after intervention. The result of Paired T Test on attitude attitude is $p = 0,839 (> 0,05)$, meaning that there is no significant difference between attitude before intrvensi and after intervention.

Community-based health education is conducted by giving breast self-examination information (BSE) by increasing the mean of respondent's knowledge. There is no answer to the practice and practice of breast self-examination (BSE) respondents. Based on the results of the study, researchers can conduct community-based research using more than 1 time and give time for breast self-examination (BSE).

ABSTRACT

THE EFFECT OF COMMUNITY BASED HEALTH EDUCATION ON KNOWLEDGE, ATTITUDE AND PRACTICE OF BREAST SELF EXAMINATION ON WOMEN IN PUSKESMAS MARTAPURA 1 AREA

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Introduction: Breast cancer is a major cause of cancer among women. Breast self-examination (BSE) can detect breast abnormalities. Early detection at can reduce breast cancer mortality. The purpose of this study is to describe community-based health education on knowledge, attitudes and practice of breast self-examination among women in Puskemas Martapura 1 area. **Methods:** This study was quasy expriiment with pre-test and post-test with control group design. Enrolled 168 respondents by cluster sampling (84 for experiment group, 84 for control group). The independent variable of this study was community-based health education and the dependent variable was knowledge, attitude and practice of breast self-examination (BSE). Data collected by questionnaire . Statistical test using Paired T test and MANOVA. **Results:** The MANOVA hipotesis test showed a value of $p=0,000$, the result showed that there was effect of community based health education on knowledge, attitude an practice breast self examination. **conclusion:** The result showed that of community based healt education affect women knowledge, attitude and despite no significant difference between groups. This study aslo found that educational level, and sources of information positively related to knowledge and attitude. And these additional findings was associated with health literacy, and this was the argument of the main findings. Statistically, Respondents will gain knowledge, attitudes and practices with the provision of health education is more than one intervention. **Suggestion:** The results of this study can be continued modification of intervention duration and reminder calendar.

Keywords: breast cancer, knowledge, attitude, practice, breast self-examination (BSE)